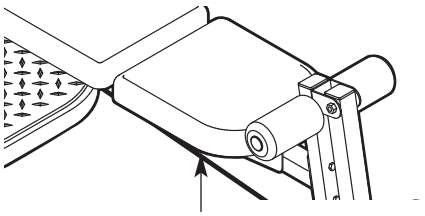
WEIDER®

FLEX 8960

Model No. WEEVSY09230
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

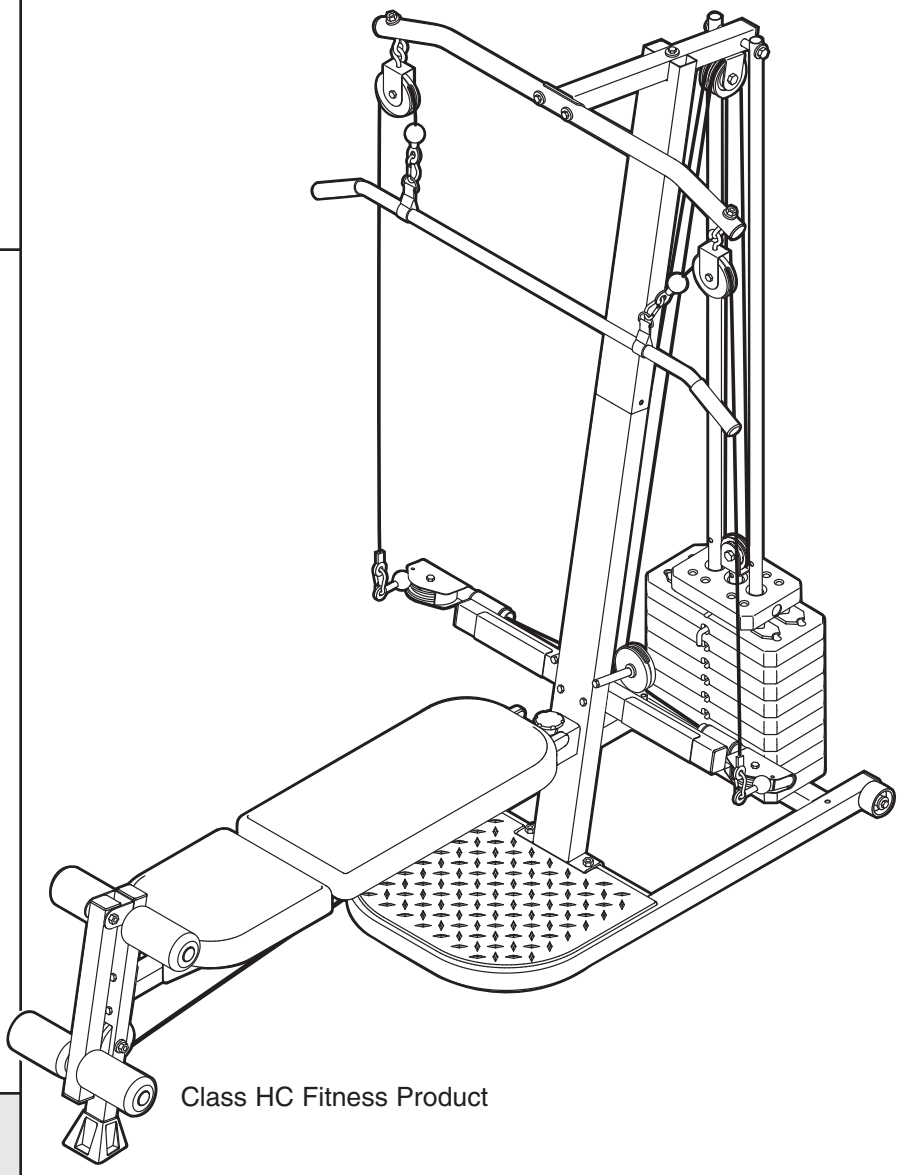
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Class HC Fitness Product

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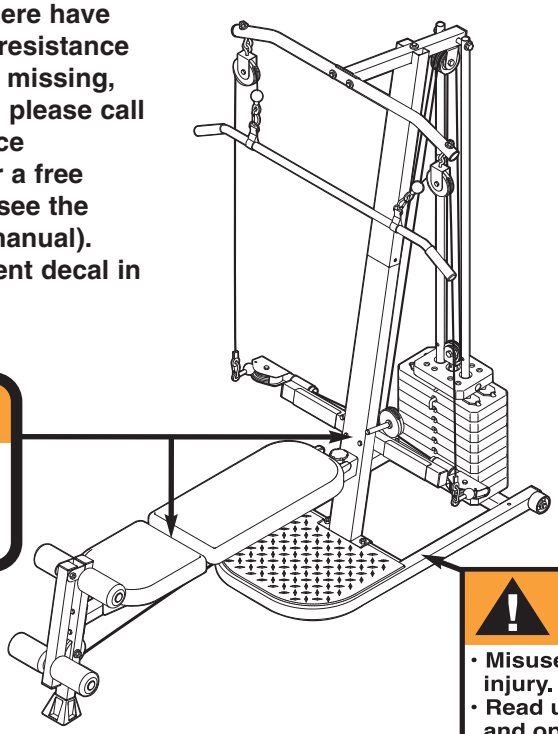
Note: A PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decals shown here have been placed on the resistance system. If a decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see the back cover of this manual). Apply the replacement decal in the location shown.



WARNING
Keep hands and fingers clear of this area.

WARNING
- **Misuse of this product may result in serious injury.**
- **Read user's manual and follow all warnings and operating instructions prior to use.**
- **Do not allow children on or around machine.**
- **Replace label if damaged, illegible, or removed.**

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. **Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**
3. **The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.**
4. **Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.**
5. **Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight system at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **The weight system is designed to support a maximum user weight of 136 kg (300 lbs.).**
10. **Pull on the low pulley cable only while sitting on the bench or standing on the base plate. Pull on the high pulley cables only while sitting on the bench, with the seat in one of the three positions closest to the upright base, or while standing on the base plate.**
11. **The crossbar is not designed to be used for pull-up exercises. Do not hang on the crossbar.**
12. **Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.**
13. **Always disconnect the lat bar from the high pulley cables when performing an exercise that does not require it.**
14. **Make sure the storage knob is in place and fully tightened each time the weight system is used.**
15. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

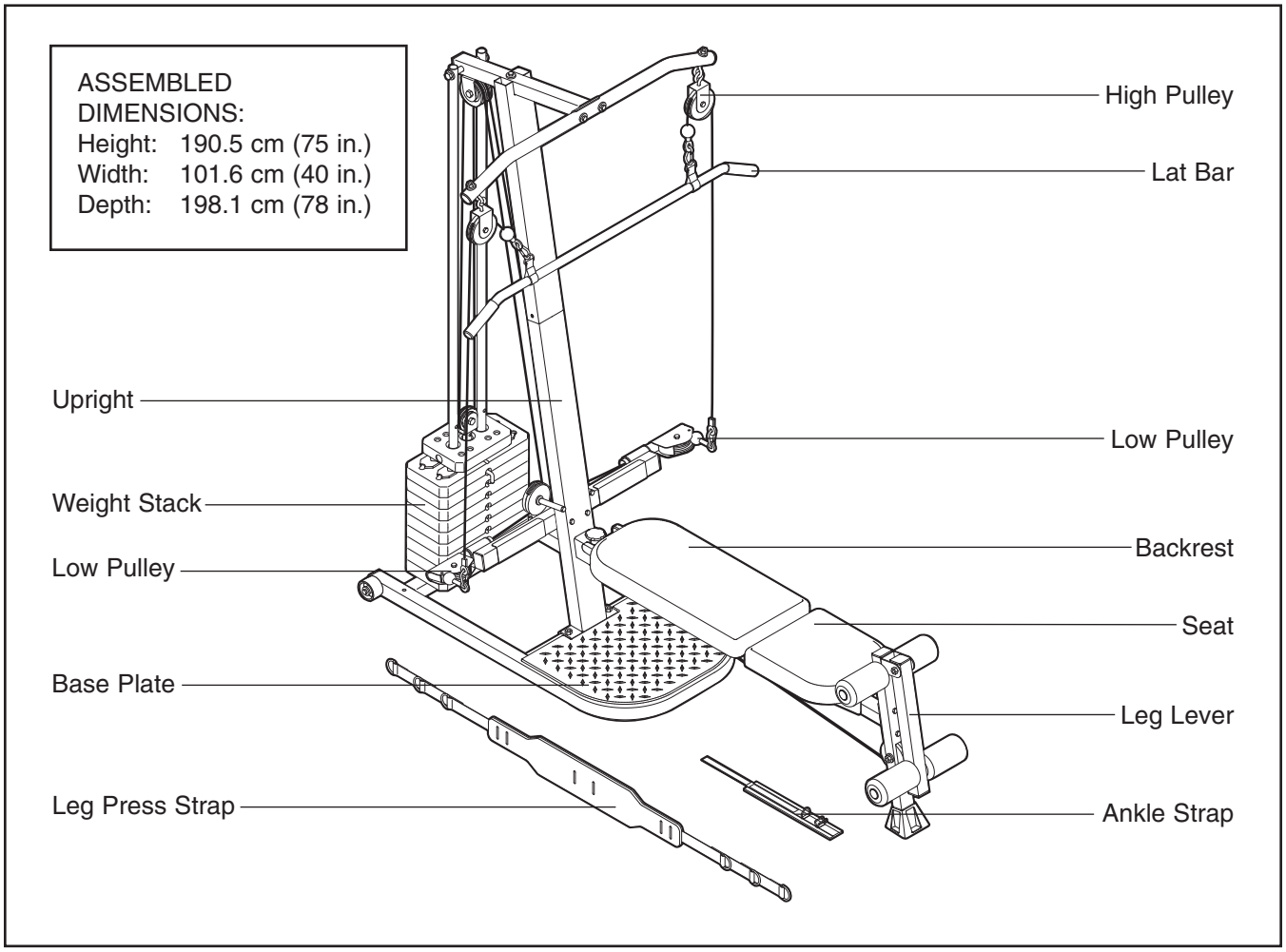
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® FLEX 8960 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY09230. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



ASSEMBLY

Make Things Easier for Yourself

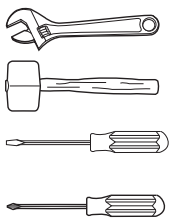
Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realise that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the **PART IDENTIFICATION CHART** in the centre of the manual.

The following tools (not included) are required for assembly:

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**



- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before beginning assembly, make sure you have read and understood the information in the box above. This brief introduction will save you more time than it takes to read it!**

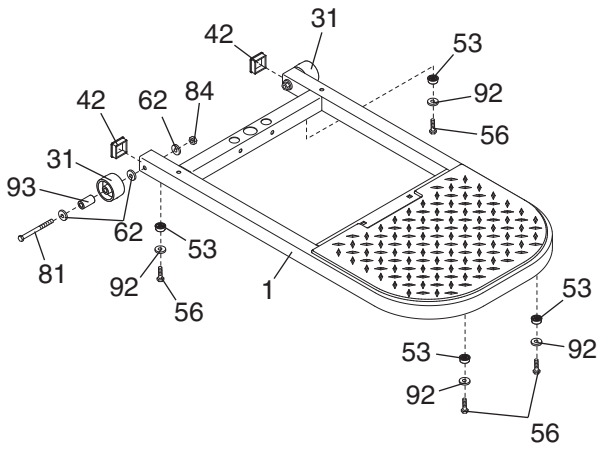
Press two 45mm Square Inner Caps (42) into the ends of the Base (1).

Attach four Plastic Feet (53) to the Base (1) with four M4 x 25mm Screws (56) and four M4 Washers (92).

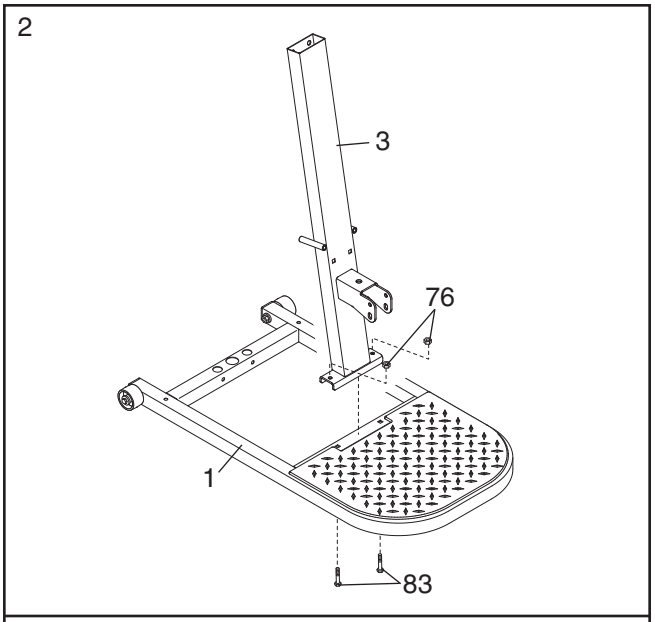
Attach a Wheel (31) to the outside of the Base (1) with an M12 x 105mm Bolt (81), three M12 Washers (62), a 42mm Spacer (93), and an M12 Nylon Locknut (84). **Do not overtighten the Locknut; the Wheel must be able to turn easily.**

Attach the other Wheel (31) in the same manner.

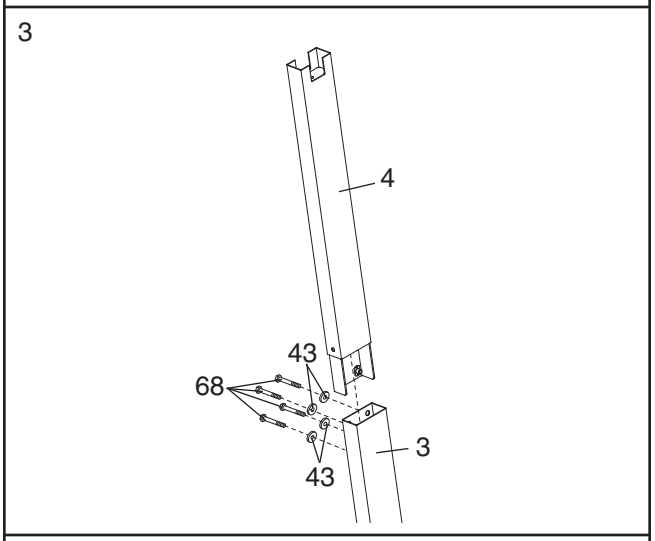
1



2. Insert two M10 x 62mm Carriage Bolts (83) into the bottom of the Base (1). **(Note: It may be helpful to place a peice of tape over the bolt heads to hold them in place.)** Set the Base flat on the floor. Attach the Upright (3) to the Base with the Bolts and two M10 Nylon Locknuts (76). **Do not tighten the Locknuts yet.**

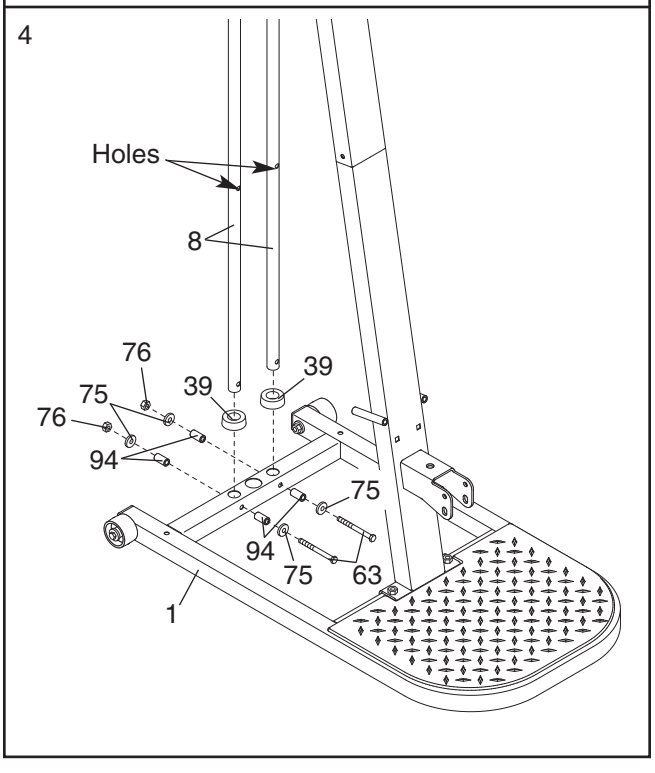


3. Attach the Top Upright (4) to the Upright (3) with four M10 x 20mm Bolts (68) and four M10 Split Washers (43).



4. Orient the two Weight Guides (8) so that the indicated holes are closer to the bottom. Attach the Weight Guides to the Base (1) with two M10 x 62mm Bolts (63), four M10 Washers (75), four 10mm Spacers (94), and two M10 Nylon Locknuts (76).

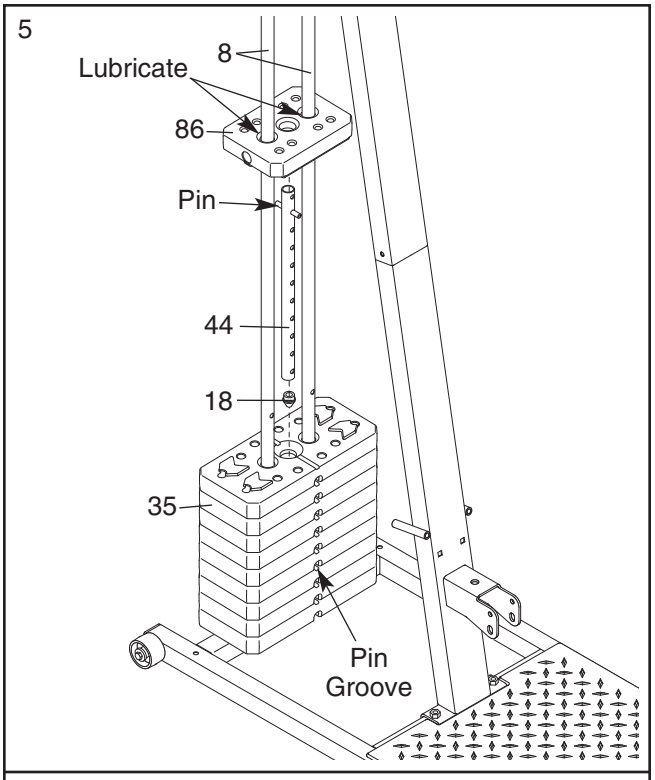
   Slide two Weight Bumpers (39) onto the Weight Guides (8).



5. Slide the nine Weights (35) onto the Weight Guides (8) with the pin grooves on the side shown.

   Press the Weight Tube Bumper (18) into the Weight Tube (44). Insert the Weight Tube into the stack of Weights (35).

   Lubricate the indicated holes in the Top Weight (86) with grease. Slide the Top Weight onto the Weight Guides (8). **Make sure the pin on the Weight Tube (44) rests in the groove on the bottom of the Top Weight.**

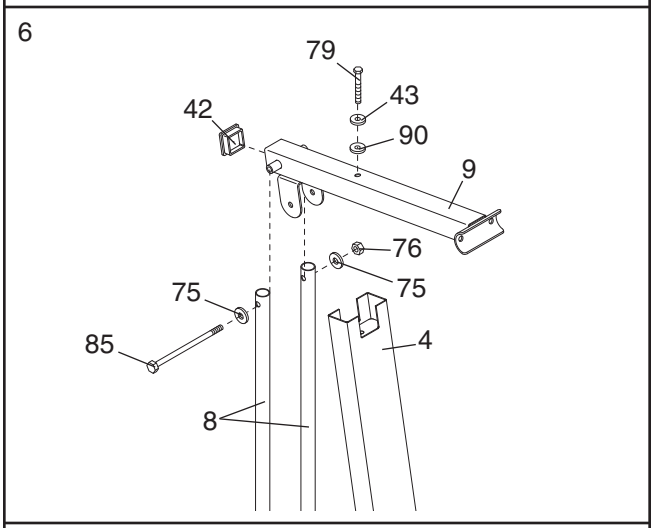


6. Press a 45mm Square Inner Cap (42) into the Top Frame (9).

   Attach the Top Frame (9) to the Top Upright (4) with an M10 x 65mm Bolt (79), an M10 Split Washer (43), and an M10 Large Washer (90).

   Attach the Top Frame (9) to the Weight Guides (8) with an M10 x 155mm Bolt (85), two M10 Washers (75), and an M10 Nylon Locknut (76).

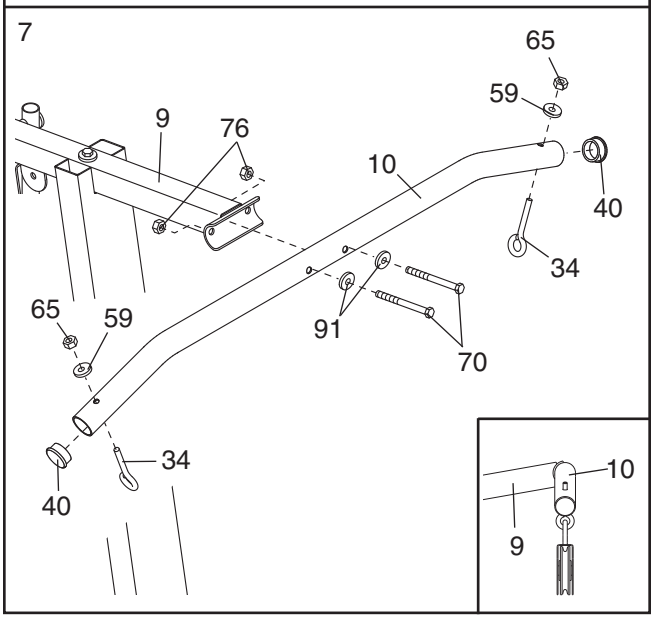
   Tighten the two M10 Nylon Locknuts (76) used in step 2.



7. Press two 38mm Round Inner Caps (40) into the ends of the Crossbar (10).

   Attach the two Eyebolts (34) to the Crossbar (10) with two M8 Washers (59) and two M8 Nylon Locknuts (65). **Do not overtighten the Locknuts; the Eyebolts must be able to rotate freely**.

   Attach the Crossbar (10) to the Top Frame (9) with two M10 x 56mm Bolts (70), two M10 Small Washers (91), and two M10 Nylon Locknuts (76). **Be sure the Crossbar is attached as shown in the inset drawing. If the ends point away from the Top Frame, turn the Crossbar around and reattach it.**



8. Press two 40mm x 50mm Inner Caps (41) into the ends of the Cross Frame (11).

   Orient the Cross Frame (11) as shown, with the welded tube near the top. Attach the Cross Frame to the Upright (3) with two M10 x 105mm Carriage Bolts (73), two M10 Washers (75), and two M10 Nylon Locknuts (76).

9. Press a 40mm x 50mm Inner Cap (41) into the top of the Front Leg (6). Press the Front Leg Foot (27) onto the bottom of the Front Leg. **Note that the front of the Front Leg Foot is taller and slants more than the back.**

   Press a 40mm x 50mm Inner Cap (41) into the end of the Bench Frame (5).

   Attach the Bench Frame (5) to the Front Leg (6) with two M10 x 57mm Carriage Bolts (61) and two M10 Nylon Locknuts (76). **Do not tighten the Locknuts yet.**

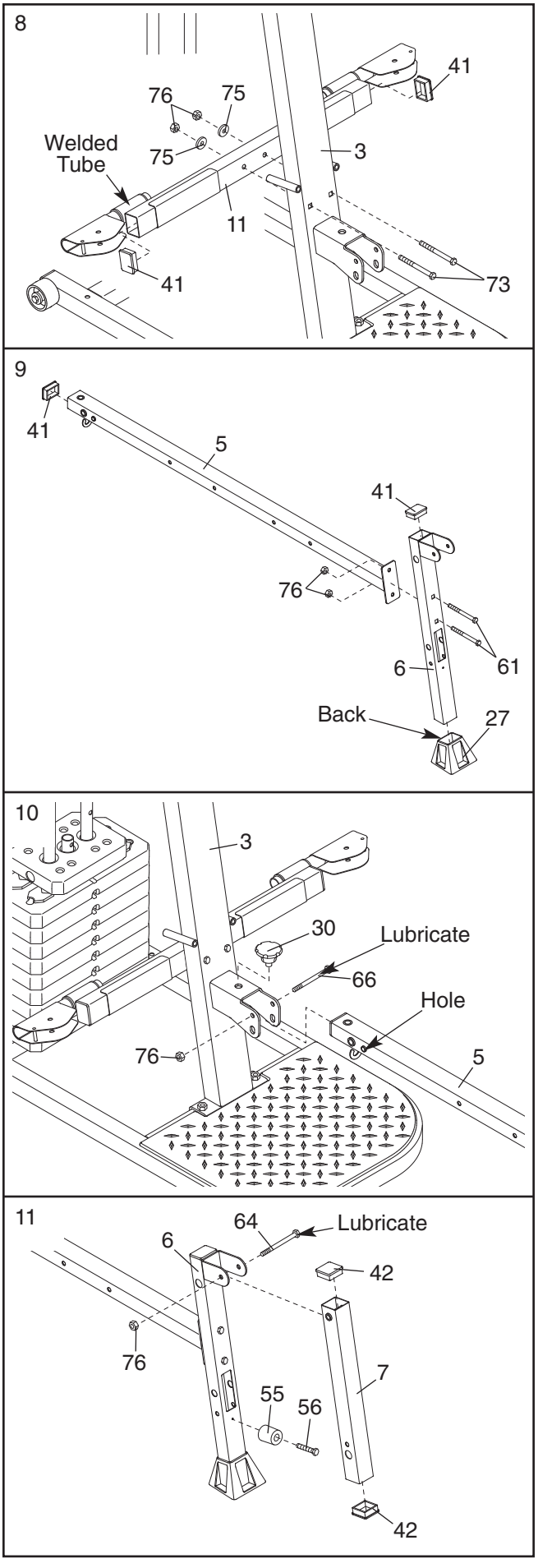
10. Lubricate the M10 x 80mm Bolt (66) with grease. Attach the Bench Frame (5) to the Upright (3) with the Bolt and an M10 Nylon Locknut (76) at the indicated hole. **Do not overtighten the Locknut; the Bench Frame must be able to pivot easily.**

    Tighten the Knob (30) into the Upright (3) and the Bench Frame (5).

11. Attach the Leg Lever Bumper (55) to the Front Leg (6) with the M4 x 25mm Screw (56).

    Press two 45mm Square Inner Caps (42) into the ends of the Leg Lever (7).

    Lubricate an M10 x 70mm Bolt (64) with grease. Attach the Leg Lever (7) to the Front Leg (6) with the Bolt and an M10 Nylon Locknut (76). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



12. Lubricate two Small Wheels (47) with grease. Slide a Steel Tube (57) into a 32mm Spacer (46). Orient the Wheels as shown in the inset drawing, and slide them onto the ends of the Steel Tube.

    Attach the wheel assembly to the indicated set of holes in the Seat Carriage (12) with an M8 x 84mm Bolt (60) and an M8 Nylon Locknut (65). **Do not overtighten the Locknut; the Small Wheels (47) must pivot freely. Repeat with another wheel assembly and an M8 x 82mm Bolt (95).**

    Orient the Seat (13) and the Seat Carriage (12) as shown. Attach the Seat to the Seat Carriage with four M6 x 16mm Screws (82).

13. Lubricate two Small Wheels (47) with grease. Slide a Steel Tube (57) into a 32mm Spacer (46). Orient the Wheels as shown in the inset drawing, and slide them onto the ends of the Steel Tube.

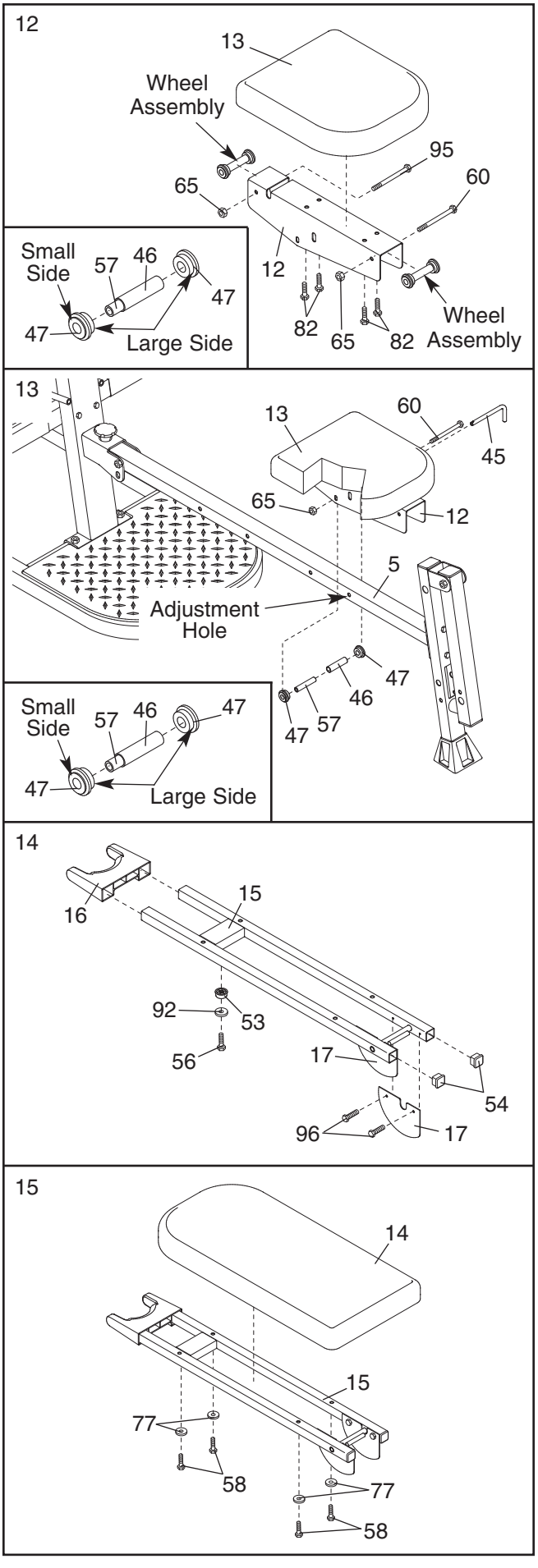
    Set the Seat Carriage (12) on the Bench Frame (5). Have one person press the Seat (13) against the Bench Frame. Press the wheel assembly tight against the bottom of the Bench Frame and attach it to the lowest set of holes in the Seat Carriage with an M8 x 84mm Bolt (60) and an M8 Nylon Locknut (65). **Do not overtighten the Locknut; the Small Wheels (47) must pivot freely.**

    Slide the Seat Pin (45) through the Seat Carriage (12) and an adjustment hole in the Bench Frame (5).

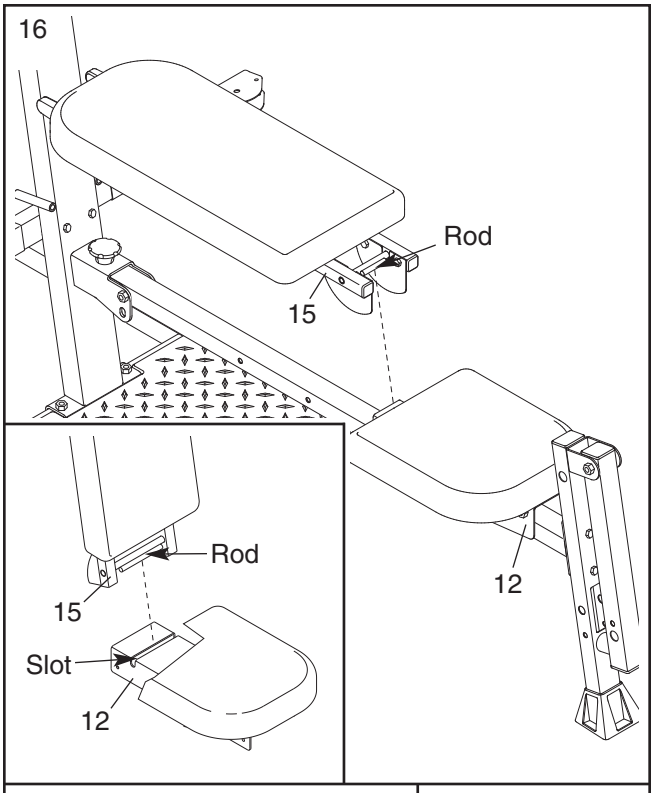
14. Press two 25mm Square Inner Caps (54) into the indicated ends of the Backrest Frame (15). Press the Backrest Cap (16) onto the other end of the Backrest Frame. Attach a Plastic Foot (53) to the Backrest Frame with an M4 Washer (92), and an M4 x 25mm Screw (56).

    Attach a Guard Plate (17) to the inside of the Backrest Frame (15) with two M4 x 10mm Screws (96). **Attach the other Guard Plate in the same manner.**

15. Orient the Backrest (14) as shown. Attach the Backrest to the Backrest Frame (15) with four M6 x 38mm Screws (58) and four M6 Washers (77).

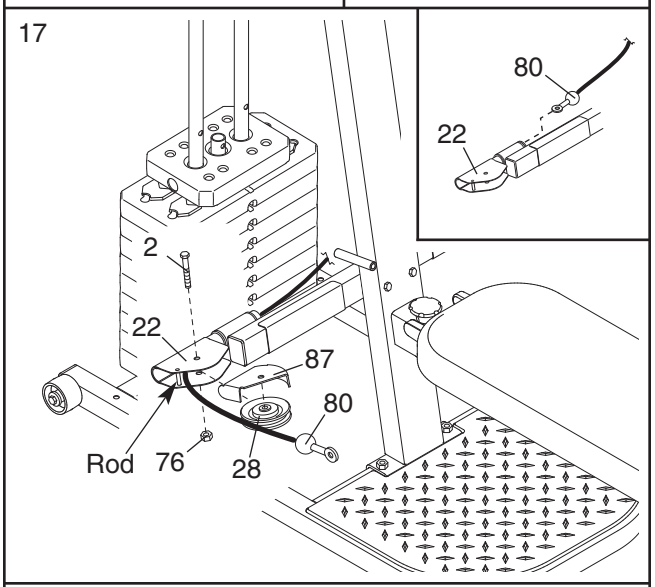


16. Insert the rod on the Backrest Frame (15) into the slot in the Seat Carriage (12). **Hold the Backrest vertically over the Seat Carriage and slide the rod into the slot, as shown in the inset drawing.**

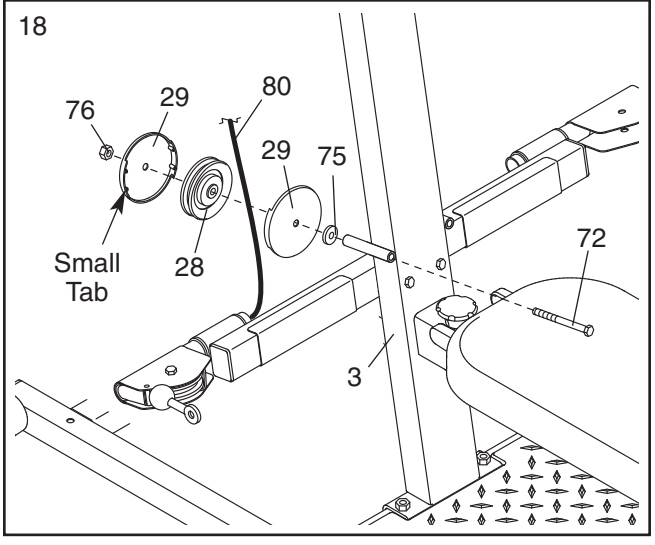


17. **Locate the Long Cable (80).** Slide one end of the Cable through the Swivel Arm (22) as shown in the inset drawing. **Make sure the Cable is the indicated side of the rod in the Swivel Arm.**

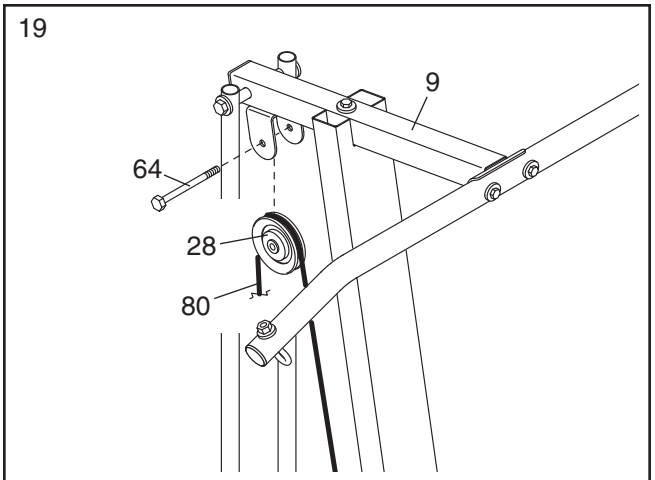
    Wrap the Long Cable (80) around a Large Pulley (28). Attach the Pulley and a Arm Pulley Cover (87) to the Swivel Arm (22) with an M10 x 45mm Bolt (2) and an M10 Nylon Locknut (76).



18. Wrap the Long Cable (80) under a Large Pulley (28). Attach the Pulley and a pair of Pulley Covers (29) to the Upright (3) with an M10 x 140mm Bolt (72), an M10 Washer (75), and an M10 Nylon Locknut (76). **Make sure that the small tabs on the Pulley Covers are in the indicated position.**

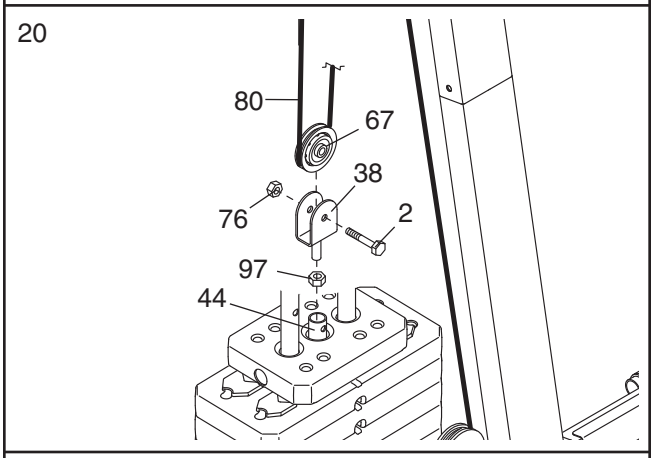


19. Wrap the Long Cable (80) over a Large Pulley (28). Attach the Pulley to the Top Frame (9) with an M10 x 70mm Bolt (64). **Do not thread a Locknut onto the Bolt yet.**

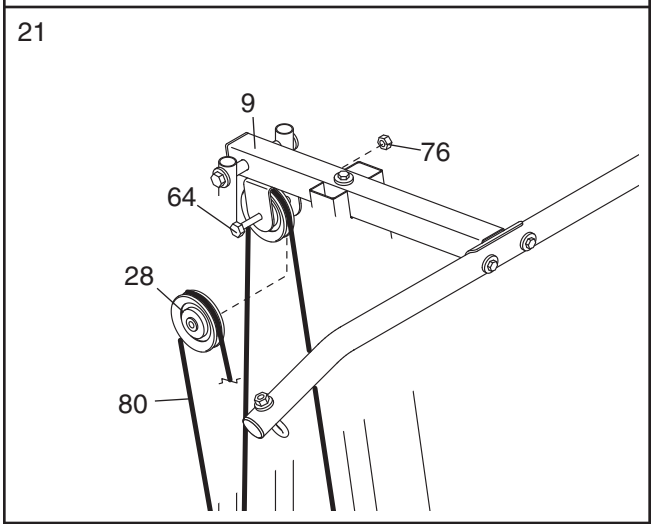


20. Thread an M12 Locknut (97) halfway onto the Weight Tube "U"-bracket (38). Tighten the Weight Tube "U"-bracket into the Weight Tube (44). Tighten the M12 Locknut against the Weight Tube.

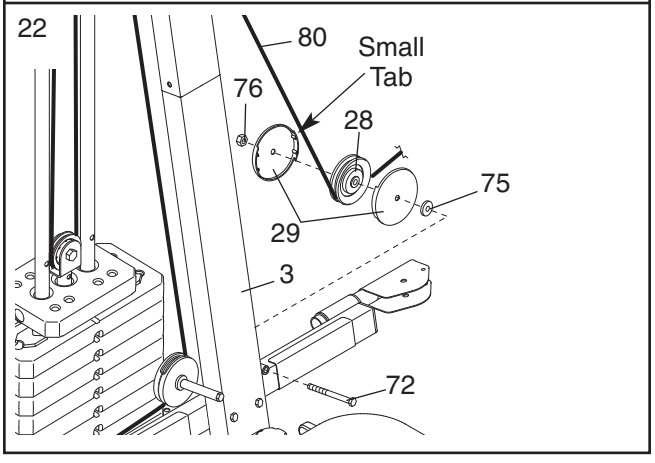
    Wrap the Long Cable (80) under the Small Pulley (67) in the direction shown. Attach the Pulley to the Weight Tube "U"-bracket (38) with an M10 x 45mm Bolt (2) and an M10 Nylon Locknut (76).



21. Wrap the Long Cable (80) over a Large Pulley (28). Attach the Pulley to the Top Frame (9) with the M10 x 70mm Bolt (64) used in step 19, and an M10 Nylon Locknut (76).

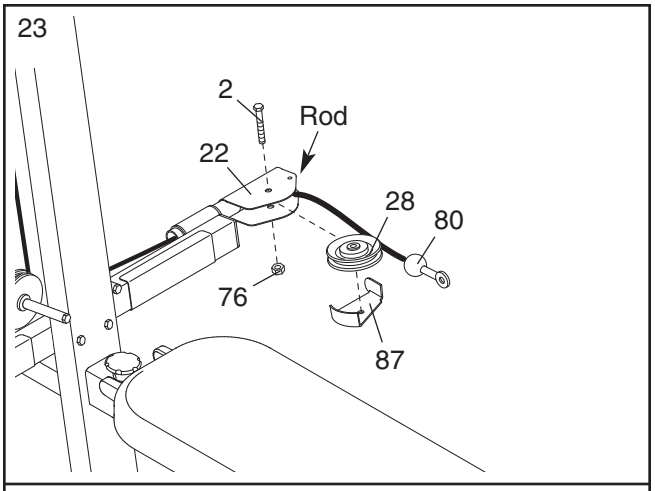


22. Wrap the Long Cable (80) under a Large Pulley (28). Attach the Pulley and a pair of Pulley Covers (29) to the Upright (3) with an M10 x 140mm Bolt (72), an M10 Washer (75), and an M10 Nylon Locknut (76). **Make sure that the small tabs on the Pulley Covers are in the indicated position.**



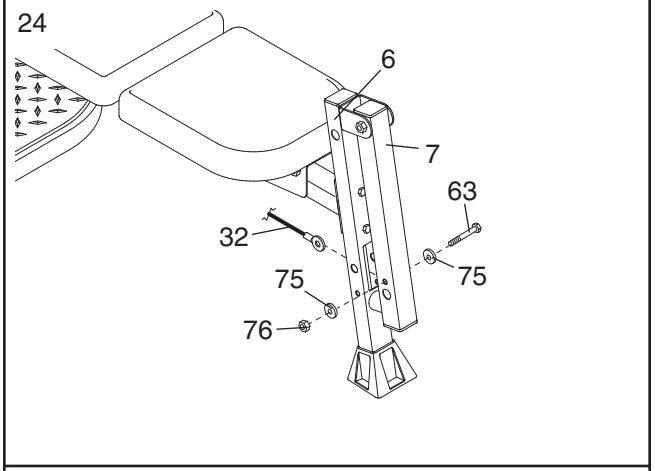
23. Have a second person lift the Top Weight (not shown) to create slack in the Long Cable (80). Slide one end of the Cable through the Swivel Arm (22). **Make sure the Cable is on the indicated side of the rod in the Swivel Arm.**

    Wrap the Long Cable (80) around a Large Pulley (28). Attach the Pulley and a Arm Pulley Cover (87) to the Swivel Arm (22) with an M10 x 45mm Bolt (2) and an M10 Nylon Locknut (76).



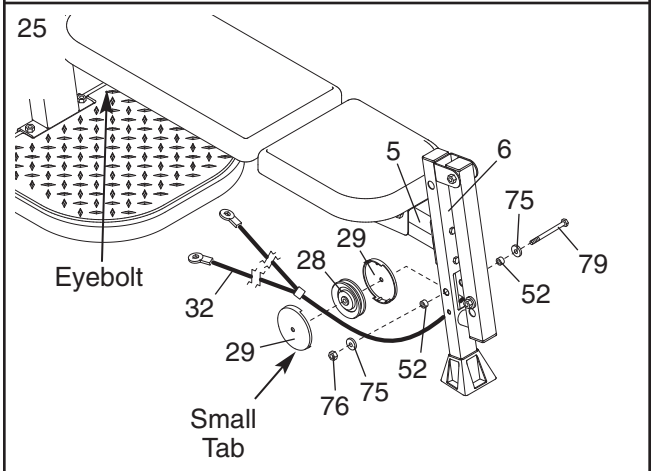
24. **Locate the Bench Cable (32).** It has three ends, two that are the same length, and a third that is shorter.

    Route the short end of the Bench Cable (32) through the hole in the Front Leg (6), and attach it inside the slot in the Leg Lever (7) with an M10 x 62mm Bolt (63), two M10 Washers (75), and an M10 Nylon Locknut (76).



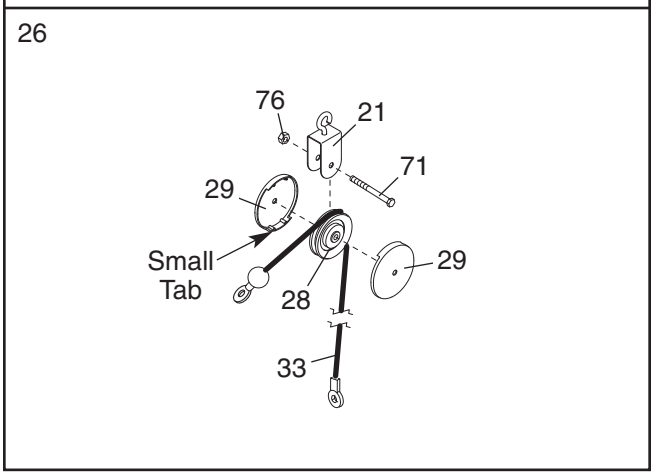
25. Wrap the Bench Cable (32) under a Large Pulley (28). Attach the Pulley and a pair of Pulley Covers (29) inside the hole in the Front Leg (6) with an M10 x 65mm Bolt (79), two 8mm Spacers (52), two M10 Washers (75), and an M10 Nylon Locknut (76). **Make sure that the small tabs on the Pulley Covers are on the bottom.**

    Slide the two free ends of the Bench Cable (32) onto the eyebolt welded to the bottom of the Bench Frame (5).



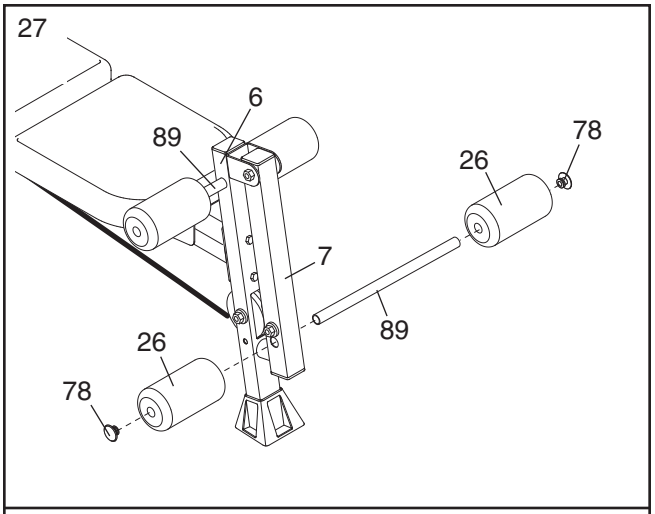
26. **Locate the two Short Cables (33).** Wrap a Short Cable over a Large Pulley (28). Attach the Pulley and a pair of Pulley Covers (29) to a Pulley Housing (21) with an M10 x 50mm Bolt (71) and an M10 Nylon Locknut (76). **Make sure that the small tabs on the Pulley Covers are on the bottom.**

    Repeat this step with the other Short Cable (33).

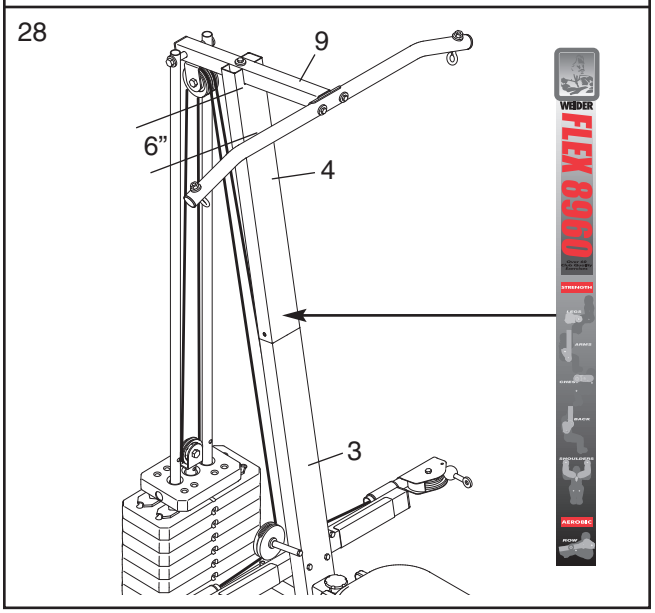


27. Press two 19mm Round Inner Caps (78) into the ends of a Pad Tube (89). Slide the Tube into the hole in the Leg Lever (7). Slide two Foam Pads (26) onto the Pad Tube.

    Attach the other Pad Tube (89) to the Front Leg (6) in the same manner.



28. Attach the “FLEX 8960” exercise decal to the Upright (3) and the Top Upright (4). **The decal should be centred on the Upright and Top Upright, and the top of the decal should be six inches below the Top Frame (9). Be careful not to wrinkle the decal.**



29. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

    Before using the weight system, pull the long cable a few times to be sure that it moves smoothly over the pulleys. If the cable does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 17 for proper cable routing.**

ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

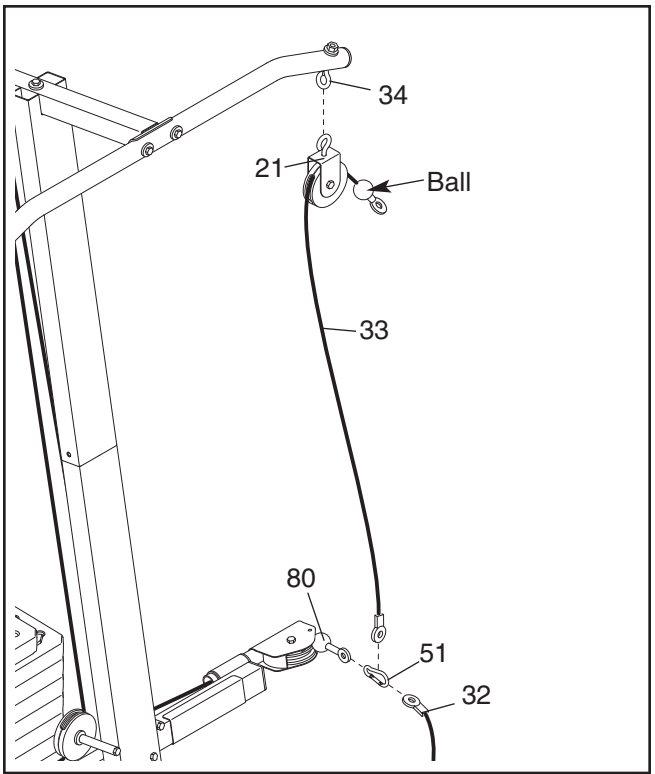
Make sure all parts are properly tightened each time you use the weight system. Replace worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING THE HIGH PULLEYS AND LEG LEVER

To attach a high pulley, slide the eyebolt on the Pulley Housing (21) onto the Eyebolt (34). Attach the end of the Short Cable (33) without the ball to the end of the Long Cable (80) with a Cable Clip (51). **Attach the other high pulley in the same manner.**

To use the Leg Lever (not shown), attach the ends of the Bench Cable (32) to the ends of the Long Cable (80) with two Cable Clips (51). **Note that only one side of the Bench Cable is shown.**

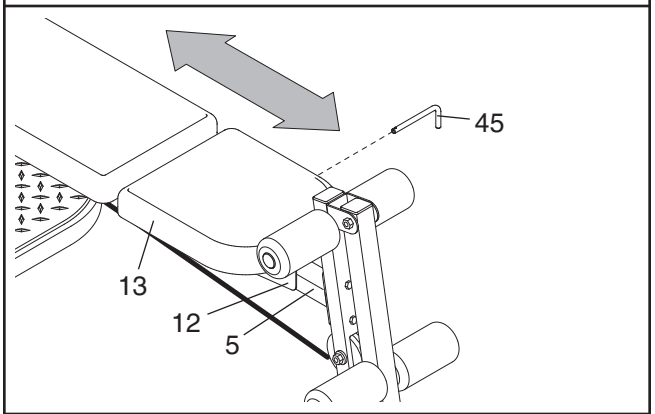
Remove the Pulley Housings (21), or detach the Bench Cable (32), when not in use.



ADJUSTING THE SEAT

The Seat (13) can be secured to any of four positions on the Bench Frame (5). To move the Seat, remove the Seat Pin (45) and slide the Seat to the desired position. Engage the Seat Carriage (12) and an adjustment hole in the Bench Frame with the Seat Pin.

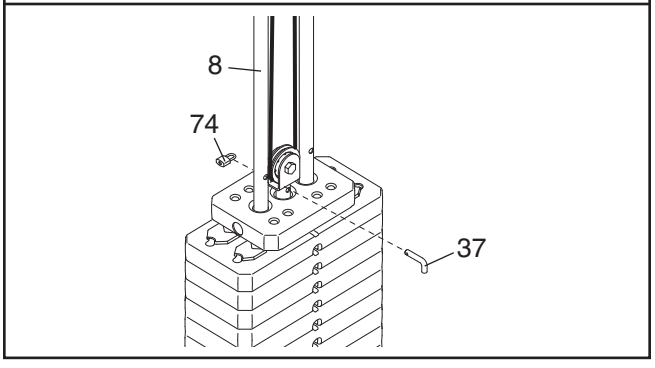
For some exercises the Seat Carriage (12) must be able to roll freely on the Bench Frame (5). To allow this to happen, remove the Seat Pin (45) from the Seat Carriage.



LOCKING THE WEIGHT STACK

To prevent unapproved use of the weight system, insert the Locking Pin (37) into the indicated hole in one of the Weight Guides (8). Secure the Locking Pin with the Lock (74).

Remove the Lock (74) and the Locking Pin (37) to use the weight system.

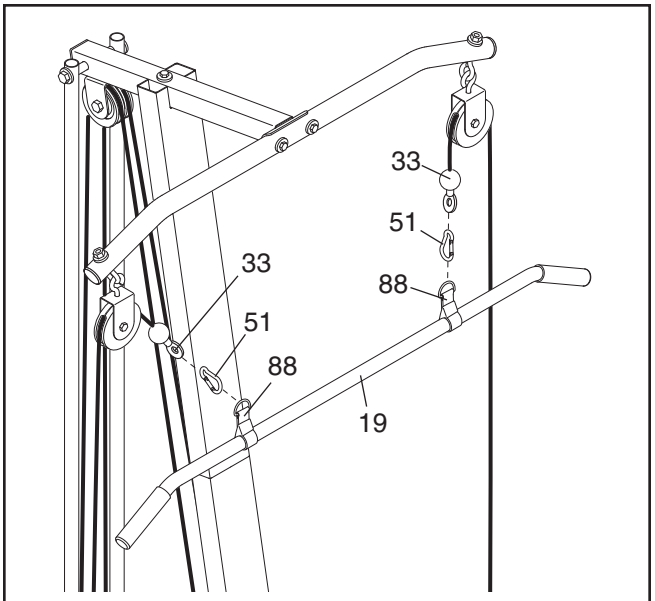


ATTACHING THE ACCESSORIES

To use the Lat Bar (19), first attach the high pulleys to the weight system (see ATTACHING THE HIGH PULLEYS on page 14). Then attach the Lat Harnesses (88) to the Short Cables (33) with two Cable Clips (51).

The Handles (not shown) can be attached to the Short Cables (33) in the same manner.

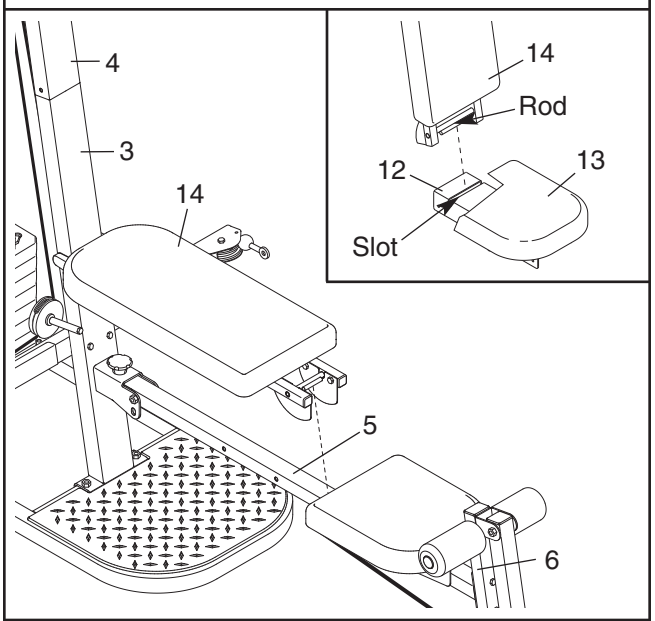
The Handles (not shown), the Ankle Strap (not shown), or the Leg Press Strap (not shown) can be attached to the Long Cable (not shown) in a similar manner.



ADJUSTING THE BACKREST

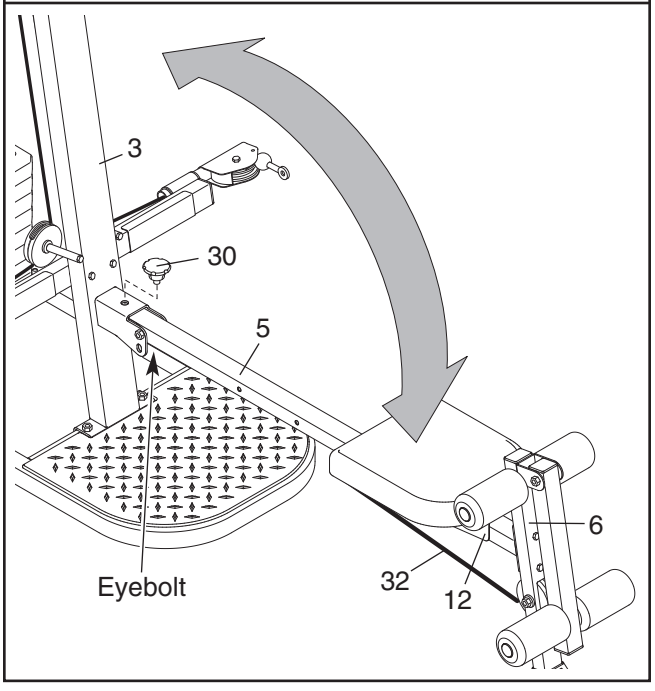
The Backrest (14) can be used in a level position or one of three inclined positions. To use the Backrest in a level position, secure the Seat Carriage (12) to the adjustment hole in the Bench Frame (5) closest to the Front Leg (6) (see ADJUSTING THE SEAT on page 14). To use the Backrest in an inclined position, secure the Seat Carriage to one of the other three adjustment holes in the Bench Frame. Rest the Backrest against the Upright (3) or the Top Upright (4).

For row exercises, the seat must be able to roll freely (see ADJUSTING THE SEAT on page 14), the leg press strap must be attached (see ATTACHING THE ACCESSORIES, above), and the Backrest (14) must be removed. To remove the Backrest, hold it vertically over the Seat (13) and lift the rod out of the slot in the Seat Carriage (12) (see the inset drawing).



STORING THE WEIGHT SYSTEM

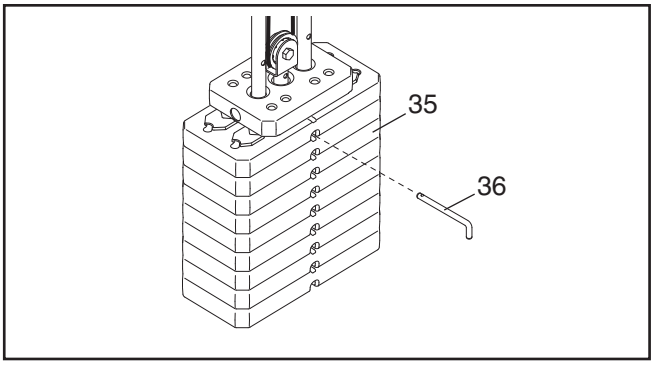
To store the weight system, slide the ends of the Bench Cable (32) onto the eyebolt on the bottom of the Bench Frame (5). Then remove the backrest (see ADJUSTING THE BACKREST above). Make sure the Seat Pin (not shown) is fully engaged into the Seat Carriage (12) and the Bench Frame. Next, remove the Knob (30) from the Upright (3). Lift the Front Leg (6) toward the Crossbar (not shown), and tighten the Knob into the side of the Upright and the Bench Frame.



⚠ WARNING: Be careful not to pinch your fingers when raising the front Leg (6). Make sure the storage Knob (30) is in place and fully tightened each time the weight system is used.

CHANGING THE WEIGHT SETTING

To change the weight setting, insert the Weight Pin (36) under one of the Weights (35). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting can be changed from 2,7 kg (6 lbs) to 53,7 kg (118,5 lbs), in increments of 5,6 kg (12,5 lbs.). **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting. Refer to the WEIGHT RESISTANCE CHART below to find the actual amount of resistance at each station.**



WEIGHT RESISTANCE CHART

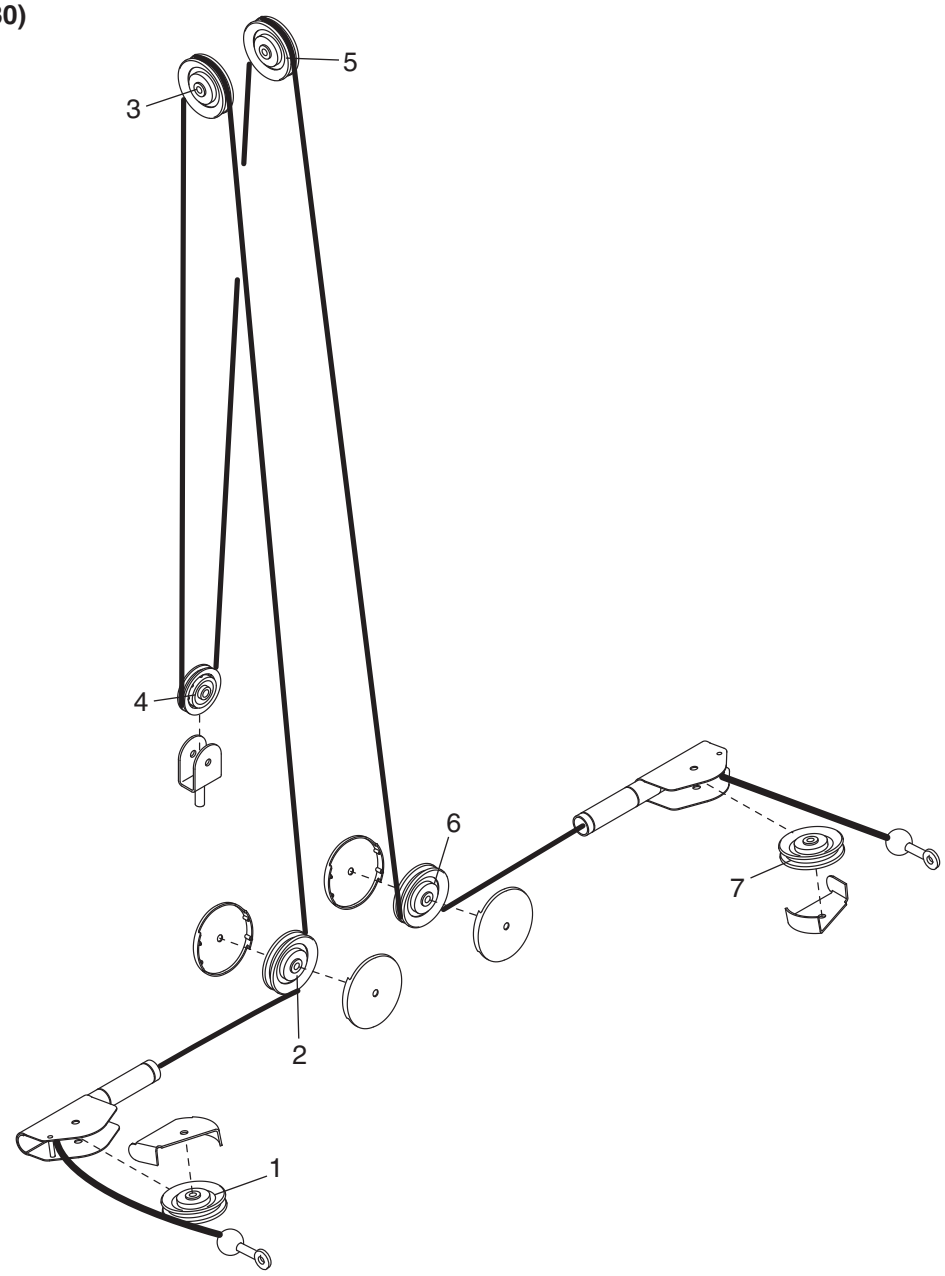
The chart below shows the approximate weight resistance at each exercise station. “Top” refers to the 6 lb. top weight. The other numbers refer to the 12,5 lb. weight plates. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.** Note: 1 kg = 2,2 pounds

WEIGHT	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG LEVER (lbs.)
Top	20	24	23
1	34	37	34
2	48	50	44
3	65	61	54
4	79	74	66
5	93	87	79
6	107	100	92
7	121	113	105
8	135	126	118
9	149	139	131

CABLE DIAGRAM

The cable diagram shows the proper routing of the Long Cable (80). Use the diagram to make sure that the cable and the pulley covers have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**

Long Cable (80)



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

MUSCLE BUILDING

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

TONING

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

WEIGHT LOSS

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

CROSS TRAINING

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

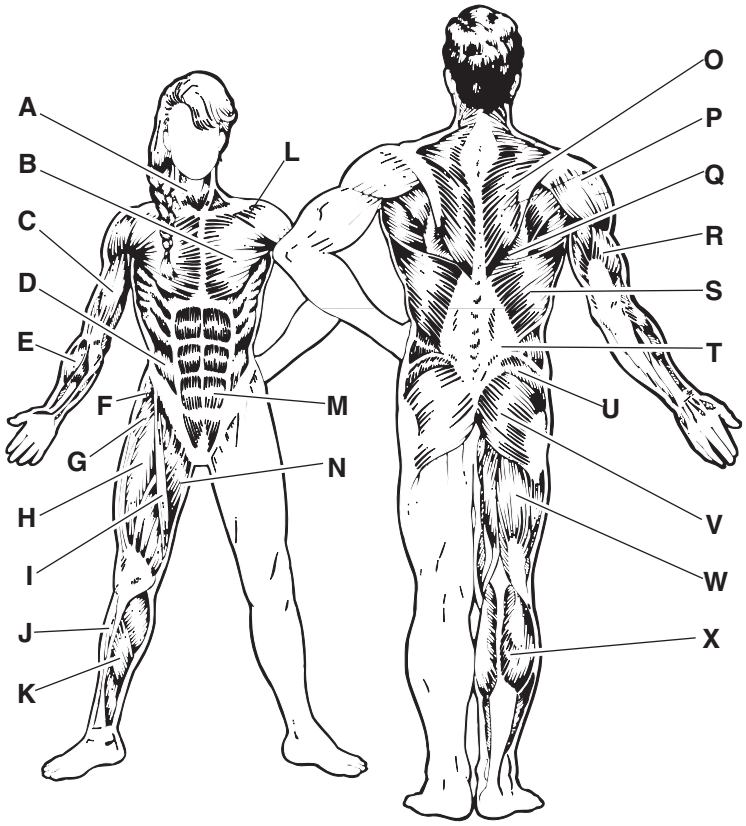
Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

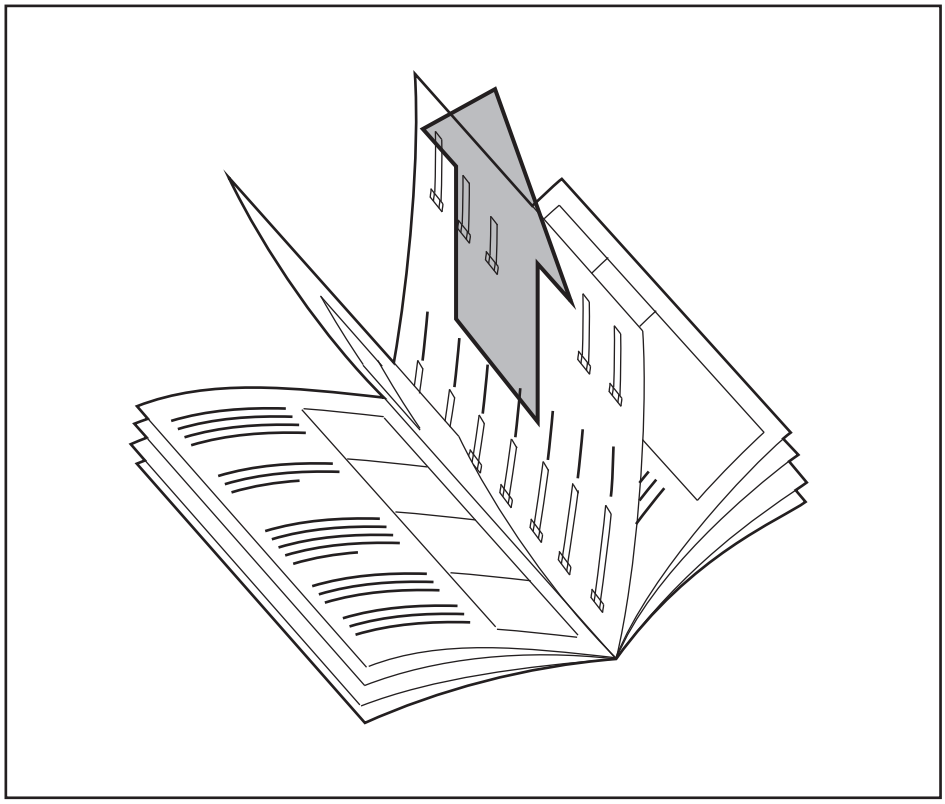
To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WEEVSY09230)
- The NAME of the product (WEIDER® FLEX 8960 weight system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the centre of this manual)

Part No. 198116 R1003A
Printed in China © 2003 ICON Health & Fitness, Inc.

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL. SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE.

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the centre of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**

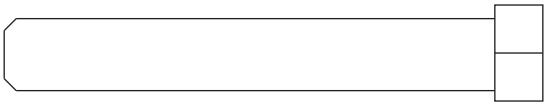


Note: Assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELLED FOR THAT ASSEMBLY STAGE.

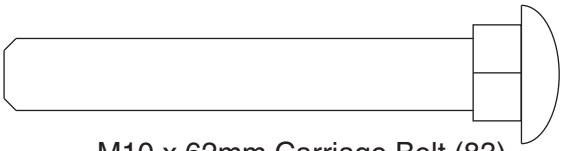
PART IDENTIFICATION CHART—Model No. WEEVSY09230

R1003A

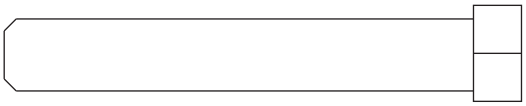
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the centre of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



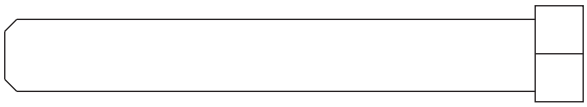
M10 x 65mm Bolt (79)



M10 x 62mm Carriage Bolt (83)



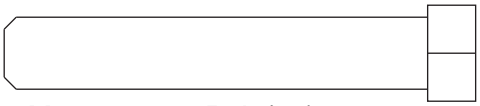
M10 x 62mm Bolt (63)



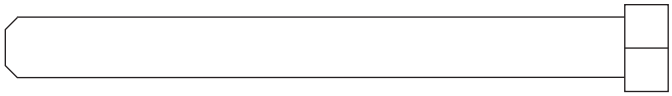
M10 x 70mm Bolt (64)

M10 x 57mm Carriage Bolt (61)

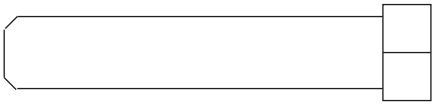
M10 x 80mm Bolt (66)



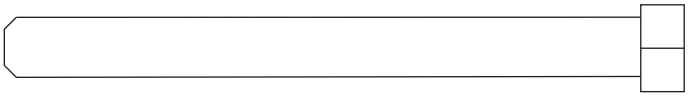
M10 x 56mm Bolt (70)



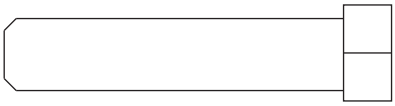
M8 x 82mm Bolt (95)



M10 x 50mm Bolt (71)

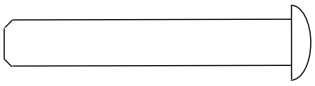


M8 x 84mm Bolt (60)

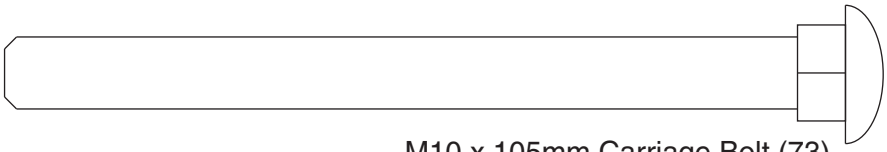


M10 x 45mm Bolt (2)

M12 x 105mm Bolt (81)

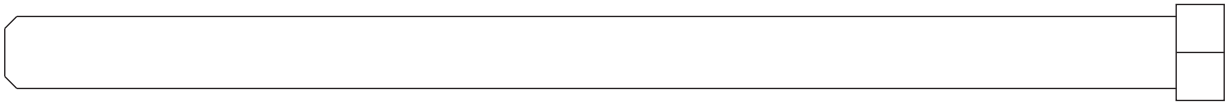


M6 x 38mm Screw (58)

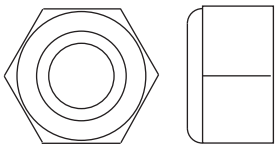


M10 x 105mm Carriage Bolt (73)

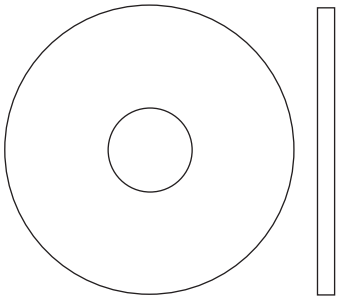
M10 x 140mm Bolt (72)



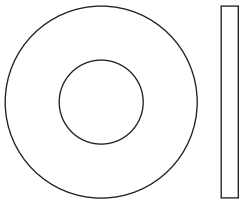
M10 x 155mm Bolt (85)



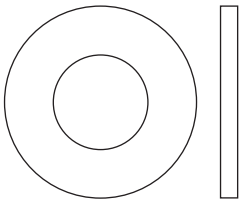
M12 Nylon Locknut (84)



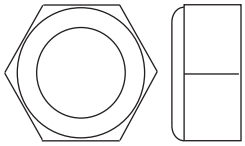
M10 Large Washer (90)



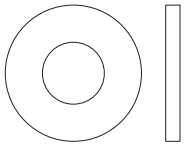
M10 Washer (75)



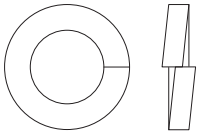
M12 Washer (62)



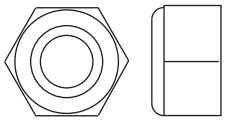
M12 Nut (97)



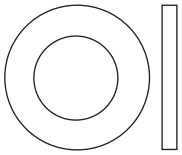
M8 Washer (59)



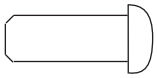
M10 Split Washer (43)



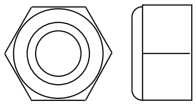
M10 Nylon Locknut (76)



M10 Small Washer (91)

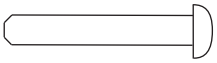


M6 x 16mm Screw (82)

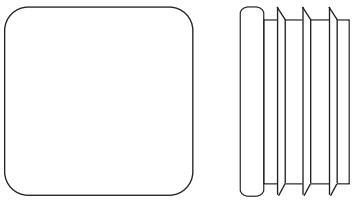


M8 Nylon Locknut (65)

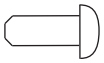
M6 Washer (77)



M4 x 25mm Screw (56)

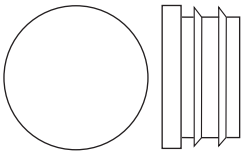


25mm Square Inner Cap (54)

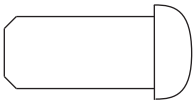


M4 x 10mm Screw (96)

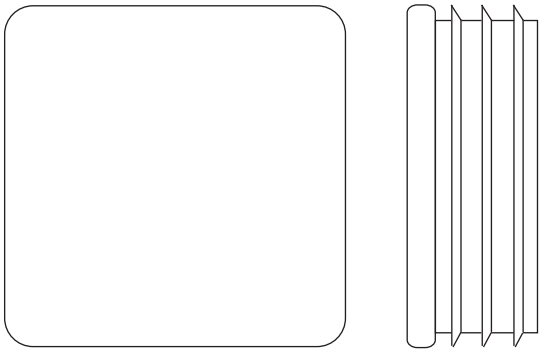
M4 Washer (92)



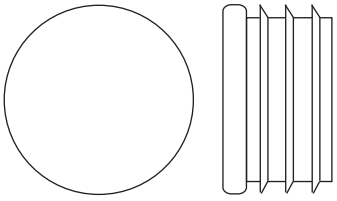
19mm Round Inner Cap (78)



M10 x 20mm Bolt (68)

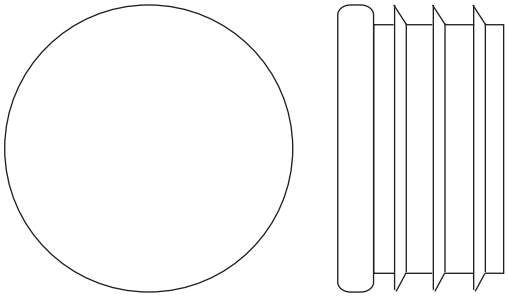


45mm Square Inner Cap (42)



25mm Round Inner Cap (69)

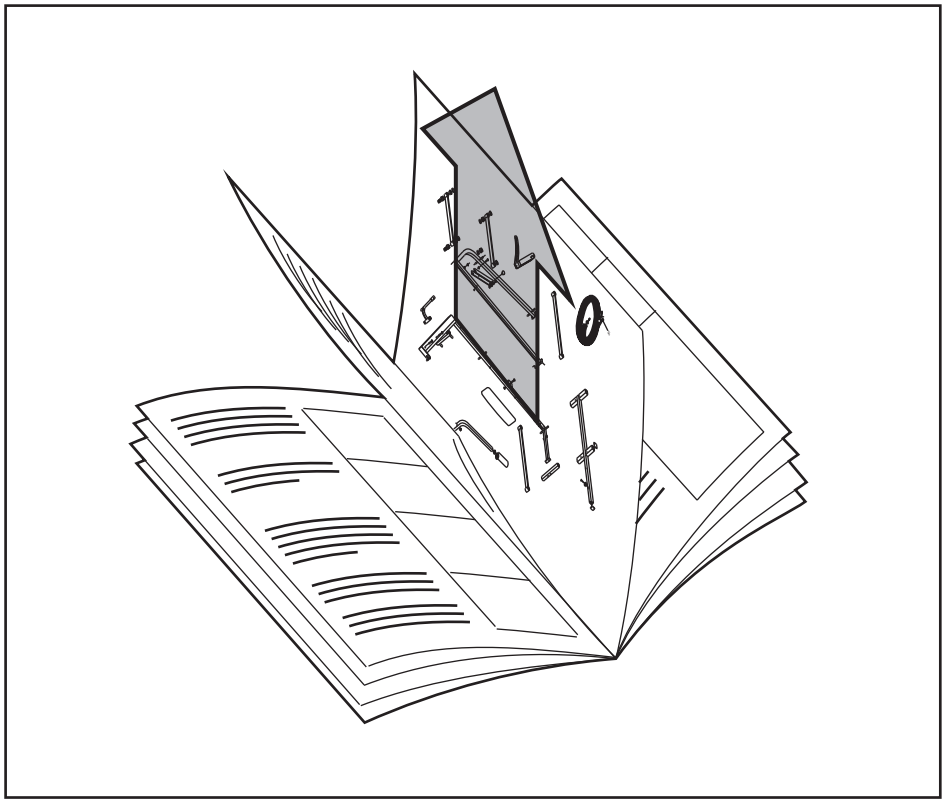
40mm x 50mm Inner Cap (41)



38mm Round Inner Cap (40)

REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. WEEVSY09230

R1003A

Key No.	Qty.	Description
1	1	Base
2	3	M10 x 45mm Bolt
3	1	Upright
4	1	Top Upright
5	1	Bench Frame
6	1	Front Leg
7	1	Leg Lever
8	2	Weight Guide
9	1	Top Frame
10	1	Crossbar
11	1	Cross Frame
12	1	Seat Carriage
13	1	Seat
14	1	Backrest
15	1	Backrest Frame
16	1	Backrest Cap
17	2	Guard Plate
18	1	Weight Tube Bumper
19	1	Lat Bar
20	2	Handgrip
21	2	Pulley Housing
22	2	Swivel Arm
23	2	Grip Tape
24	4	Retainer Ring
25	4	Arm Bushing
26	4	Foam Pad
27	1	Front Leg Foot
28	9	Large Pulley
29	10	Pulley Cover
30	1	Knob
31	2	Wheel
32	1	Bench Cable
33	2	Short Cable
34	2	Eyebolt
35	9	Weight
36	1	Weight Pin
37	1	Lock Pin
38	1	Weight Tube “U”-bracket
39	2	Weight Bumper
40	2	38mm Round Inner Cap
41	4	40mm x 50mm Inner Cap
42	5	45mm Square Inner Cap
43	5	M10 Split Washer
44	1	Weight Tube
45	1	Seat Pin
46	3	32mm Spacer
47	6	Small Wheel
48	1	Leg Press Strap
49	2	Handle
50	1	Ankle Strap
51	4	Cable Clip
52	2	8mm Spacer
53	5	Plastic Foot
54	2	25mm Square Inner Cap
55	1	Leg Lever Bumper
56	6	M4 x 25mm Screw
57	3	Steel Tube
58	4	M6 x 38mm Screw
59	2	M8 Washer
60	2	M8 x 84mm Bolt
61	2	M10 x 57mm Carriage Bolt
62	6	M12 Washer
63	3	M10 x 62mm Bolt
64	2	M10 x 70mm Bolt
65	5	M8 Nylon Locknut
66	1	M10 x 80mm Bolt
67	1	Small Pulley
68	4	M10 x 20mm Bolt
69	2	25mm Round Inner Cap
70	2	M10 x 56mm Bolt
71	2	M10 x 50mm Bolt
72	2	M10 x 140mm Bolt
73	2	M10 x 105mm Carriage Bolt
74	1	Lock
75	14	M10 Washer
76	23	M10 Nylon Locknut
77	4	M6 Washer
78	4	19mm Round Inner Cap
79	2	M10 x 65mm Bolt
80	1	Long Cable
81	2	M12 x 105mm Bolt
82	4	M6 X 16mm Screw
83	2	M10 x 62mm Carriage Bolt
84	2	M12 Nylon Locknut
85	1	M10 x 155mm Bolt
86	1	Top Weight
87	2	Arm Pulley Cover
88	2	Lat Harness
89	2	Pad Tube
90	1	M10 Large Washer
91	2	M10 Small Washer
92	5	M4 Washer
93	2	42mm Spacer
94	4	10mm Spacer
95	1	M8 x 82mm Screw
96	4	M4 x 10mm Screw
97	1	M12 Locknut
#	1	User’s Manual
#	1	Exercise Guide
#	1	Grease Pak

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVSY09230

R1003A